

### How You Can Support Our Troops

Many people have asked how they can lend a hand to support our troops. Our troops in the Middle East deserve our thanks and all the support we can give them.

Likewise, I urge you to reach out to military families in your community, especially those with a loved one overseas. A phone call or maybe an invitation to dinner can mean the world to a spouse with a husband or wife overseas. The most important thing we can do to support our troops is to provide comfort and support to their families.

Please do not flood the military mail system with letters, cards, and gifts. Due to security concerns and transportation constraints, the Department cannot accept items to be mailed to "Any Servicemember." Here are some ways to help, including online resources:

#### Make a donation to one of the military

relief societies: [Army](#)

[Emergency Relief,](#)  
[/Marine Relief Society](#)

[Navy](#)

,  
[Air Force Aid Society](#)

, or  
[Coast Guard Mutual Assistance](#)

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Send a " [Gifts from the HomeFront](#)" gift certificate to an individual military family member, friend or loved one. They can use it at any PX/BX location around the world including 34 stores in SW Asia. Gifts may be purchased 24 hours per day and come in denominations of \$10 and \$20. To participate, click on the link above or call 1-877-7870-GIFT (4438).

**Donate a calling card:** You can help keep servicemembers in touch with their families by donating a telephone calling card through either

[Military Connect](#)

or

[Operation Uplink](#)

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**Give the gift of groceries:** this new program allows every American to make a significant material contribution to the morale and well being of military personnel at home and across the globe. Details are at [commissaries.com](#).

**Send a greeting card:** Send a greeting via e-mail through [Operation Dear Abby](#), or sign a virtual [Defend America](#).

Donate to "[Operation USO Care Package](#)"

Support the [American Red Cross Armed Forces Emergency Services](#)

Volunteer at a [VA Hospital](#) to honor veterans who bore the lamp of freedom in past conflicts.

Other online resources include [Family Support Network](#), [Operation Yellow Ribbon](#), and [Operation Military Pride](#).